



YOU WILL NEVER RUN ALONE

Diploma

MANUEL ROCHA

Race number: 3570 | Gender: M
Nationality: PORTUGAL
Club: PORTO RUNNERS

Place: 647

Age Group: M55

Place Age Group: 31

Time (iliquid): 3:29:19

Pace: 0:04:57

Time (liquid): 3:28:28

Check-Point nº 1 - 5k: 0:24:33

Check-Point nº 2 - 10k: 0:47:04

Check-Point nº 3 - 15k: 1:10:48

Check-Point nº 4 - 19.4k: 1:30:44

Check-Point nº 5 - 20k: 1:33:30

Check-Point nº 6 - 20.2k: 1:34:20

Check-Point nº 7 - MM: 1:38:31

Check-Point nº 8 - 25k: 1:56:53

Check-Point nº 9 - 25.2k: 1:58:26

Check-Point nº 10 - 30k: 2:21:38

Check-Point nº 11 - 35k: 2:48:36

Check-Point nº 12 - 40k: 3:16:43

Check-Point nº 13 - 41.1k: 3:23:36